WHAT IS CLAIMED IS:

1. A laminate structure comprising:

an inner substrate that ruptures upon the application of a certain tensile force in a longitudinal direction;

extensible first and second outer substrates, wherein said inner substrate is positioned between and bonded to said first and said second outer substrates to define at least one pocket having an upper pocket region and a lower pocket region, wherein said tensile force does not cause said first and said second substrates to substantially rupture;

a first reactant contained within said upper pocket region; and

a second reactant contained within said lower pocket region, wherein said first reactant and said second reactant are capable of intermixing when said inner substrate is ruptured.

2. A laminate structure as defined in claim 1, wherein said reactants undergo an endothermic or exothermic reaction when intermixed.

3. A laminate structure as defined in claim 1, wherein said first and said second outer substrates are selected from the group consisting of nonwoven webs, films, woven fabrics, knitted fabrics and combinations thereof.

4. A laminate structure as defined in claim 1, wherein at least one of said outer substrates contains a film.

5. A laminate structure as defined in claim 1, wherein at least one of said outer substrates contains a nonwoven web.

6. A laminate structure as defined in claim 1, wherein at least one of said extensible outer substrates contains an elastomeric material.

7. A laminate structure as defined in claim 1, wherein at least one of said extensible outer substrates has a length greater than the length of said inner substrate.

8. A laminate structure as defined in claim 7, wherein at least one

of said extensible outer substrates is folded.

9. A laminate structure as defined in claim 1, wherein said outer substrates are capable of extending at least about 30% in said longitudinal direction.

10. A laminate structure as defined in claim 1, wherein said outer substrates are capable of extending at least about 50% in said longitudinal direction.

11. A laminate structure as defined in claim 1, wherein said outer substrates are capable of extending at least about 75% in said longitudinal direction.

12. A laminate structure as defined in claim 1, wherein said inner substrate is selected from the group consisting of nonwoven webs, films, woven fabrics, knitted fabrics and combinations thereof.

13. A laminate structure as defined in claim 1, wherein said inner substrate contains a film.

14. A laminate structure as defined in claim 13, wherein said film is prestretched and contains a filler.

15. A laminate structure as defined in claim 1, wherein said inner substrate is impermeable to said first reactant and said second reactant.

16. A laminate structure as defined in claim 1, wherein two longitudinal edges and one transverse edge of said first substrate and said second substrate are bonded together.

17. A laminate structure as defined in claim 16, wherein said inner substrate is also bonded to said two longitudinal edges and said transverse edge of said first and said second outer substrates.

18. A laminate structure as defined in claim 17, wherein said inner substrate remained unbonded to an additional transverse edge of said first and said second outer substrates.

19. A laminate structure as defined in claim 17, wherein said bonds between said outer substrates and between said outer substrates and said

inner substrate do not break upon application of said tensile force.

20. A laminate structure as defined in claim 1, wherein said laminate structure comprises multiple pockets.

21. A laminate structure as defined in claim 1, wherein at least a portion of said multiple pockets are aligned in series.

22. A wrap comprising:

an inner substrate that ruptures upon the application of a certain tensile force in a longitudinal direction;

a first and outer substrate that are capable of extending at least about 30% in said longitudinal direction upon application of said tensile force without substantially rupturing, wherein said inner substrate is positioned between and bonded to said first and said second outer substrates to define multiple pockets aligned in series, wherein each of said pockets has an upper pocket region and a lower pocket region;

a first reactant contained within said upper pocket region of at least a portion of said pockets; and

a second reactant contained within said lower pocket region of said pockets that also contain said first reactant, wherein said first reactant and said second reactant are capable of intermixing when said inner substrate is ruptured, said intermixing causing said reactants to undergo an endothermic or exothermic reaction.

23. A wrap as defined in claim 22, wherein said outer substrates contain a film, a nonwoven web, or combinations thereof.

24. A wrap as defined in claim 22, wherein at least one of said outer substrates contains an elastomeric material.

25. A wrap as defined in claim 22, wherein at least one of said outer substrates is folded.

26. A wrap as defined in claim 22, wherein said outer substrates are capable of extending at least about 50% in said longitudinal direction upon application of said tensile force.

27. A wrap as defined in claim 22, wherein said outer substrates are capable of extending at least about 75% in said longitudinal direction upon application of said tensile force.

28. A wrap as defined in claim 22, wherein said inner substrate contains a film.

29. A wrap as defined in claim 22, wherein two longitudinal edges and one transverse edge of said first substrate and said second substrate are bonded together.

30. A wrap as defined in claim 29, wherein said inner substrate is also bonded to said two longitudinal edges of said first and said second outer substrates.

31. A wrap as defined in claim 30, wherein said inner substrate remained unbonded to an additional transverse edge of said first and said second outer substrates.

32. A method for heating or cooling a body part of a user, said method comprising:

i) providing a wrap, said wrap comprising:

a) an inner substrate;

b) extensible first and second outer substrates, wherein said inner substrate is positioned between and bonded to said first and said second outer substrates to define multiple pockets aligned in series, wherein each of said pockets has an upper pocket region and a lower pocket region;

c) a first reactant contained within said upper pocket region of at least a portion of said pockets; and

d) a second reactant contained with said lower pocket region of said pockets that also contain said first reactant;

ii) activating said wrap by stretching said wrap in a longitudinal direction until said inner substrate ruptures, said rupturing of said inner substrate causing said reactants to intermix and undergo an endothermic

or exothermic reaction, wherein said first and said second outer substrates remain substantially unruptured; and

iii) placing said activated wrap adjacent to a body part.

33. A method as defined in claim 32, wherein said outer substrates contain a film, a nonwoven web, or combinations thereof.

34. A wrap as defined in claim 32, wherein at least one of said outer substrates contains an elastomeric material.

35. A wrap as defined in claim 32, wherein at least one of said outer substrates is folded.

36. A wrap as defined in claim 32, wherein said inner substrate contains a film.

37. A method as defined in claim 32, wherein two longitudinal edges and one transverse edge of said first substrate and said second substrate are bonded together.

38. A method as defined in claim 37, wherein said inner substrate is also bonded to said two longitudinal edges of said first and said second outer substrates.

39. A method as defined in claim 38, wherein said inner substrate remained unbonded to an additional transverse edge of said first and said second outer substrates.

40. A method as defined in claim 32, wherein said outer substrates are capable of extending at least about 50% in said longitudinal direction upon said stretching.

41. A method as defined in claim 32, wherein said outer substrates are capable of extending at least about 75% in said longitudinal direction upon said stretching.